



# Comprehensive Coaching Case

## Wellness Coach Training Program

Within two years of successfully completing the Wellness Coach Training Course offered by Mayo Clinic, submit a Wellness Certification Application. Wellness Certification will be submitted for approval when all components are received.

### Instructions for Comprehensive Coaching Case

1. Review the Directions for Comprehensive Coaching Case.
2. Utilize your wellness coaching skills with minimum of four individual clients/patients. A minimum of two of these clients must be seen for a total of at least six sessions within a 16-week period. One of these clients will need "Comprehensive Coaching Case" documentation.

Return the Comprehensive Coaching Case to:  
 Mayo Clinic – Nicotine Education Program  
 Colonial Building 3-10  
 200 First Street SW  
 Rochester, MN 55905

### Application Information (Print or Type)

Name <i>(First, Middle, Last)</i>		Wellness Coaching Training Start Date <i>(Month DD, YYYY)</i>	
Street Address			
City		State	ZIP Code
Email		Phone	

## Comprehensive Coaching Case

Coach Name	Mock Client Name	Initial Consultation Date
Client Wellness Vision Statement		
Client Priority Wellness Goals (These should be connected to the client's vision, their personal values and their desires for change. These goals may be refined or changed over time.)		

**Summaries start on next page.**

## Wellness Coaching Session Summary

Document some brief detail about this session content. Most often, by the end of the coaching session the client has identified a specific goal they are willing to work on after the session.

### Session 2

Date
Coaching skills/strategies you found most useful in this session
Client progress with previous goal(s)
End-of-session client goal(s) (can be same as previous goal, revised goal, or new goal)
Additional Comments

## Wellness Coaching Session Summary

Document some brief detail about this session content. Most often, by the end of the coaching session the client has identified a specific goal they are willing to work on after the session.

### Session 3

Date
Coaching skills/strategies you found most useful in this session
Client progress with previous goal(s)
End-of-session client goal(s) (can be same as previous goal, revised goal, or new goal)
Additional Comments

## Wellness Coaching Session Summary

Document some brief detail about this session content. Most often, by the end of the coaching session the client has identified a specific goal they are willing to work on after the session.

### Session 4

Date
Coaching skills/strategies you found most useful in this session
Client progress with previous goal(s)
End-of-session client goal(s) (can be same as previous goal, revised goal, or new goal)
Additional Comments

## Wellness Coaching Session Summary

Document some brief detail about this session content. Most often, by the end of the coaching session the client has identified a specific goal they are willing to work on after the session.

### Session 5

Date
Coaching skills/strategies you found most useful in this session
Client progress with previous goal(s)
End-of-session client goal(s) (can be same as previous goal, revised goal, or new goal)
Additional Comments

## Wellness Coaching Session Summary

Document some brief detail about this session content. Most often, by the end of the coaching session the client has identified a specific goal they are willing to work on after the session.

### Session 6

Date

Coaching skills/strategies you found most useful in this session

Client progress with previous goal(s)

End-of-session client goal(s) (can be same as previous goal, revised goal, or new goal)

Additional Comments